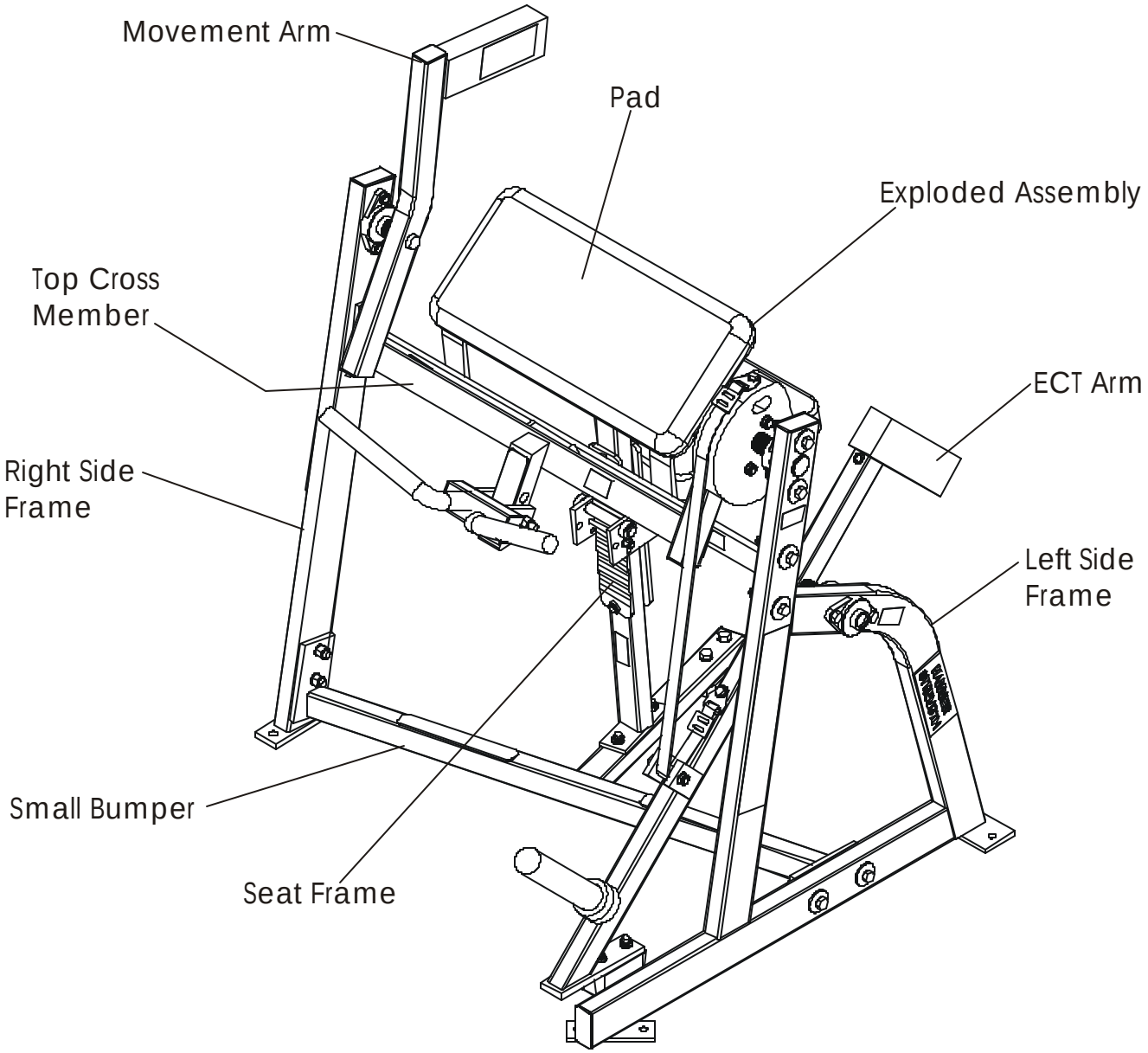
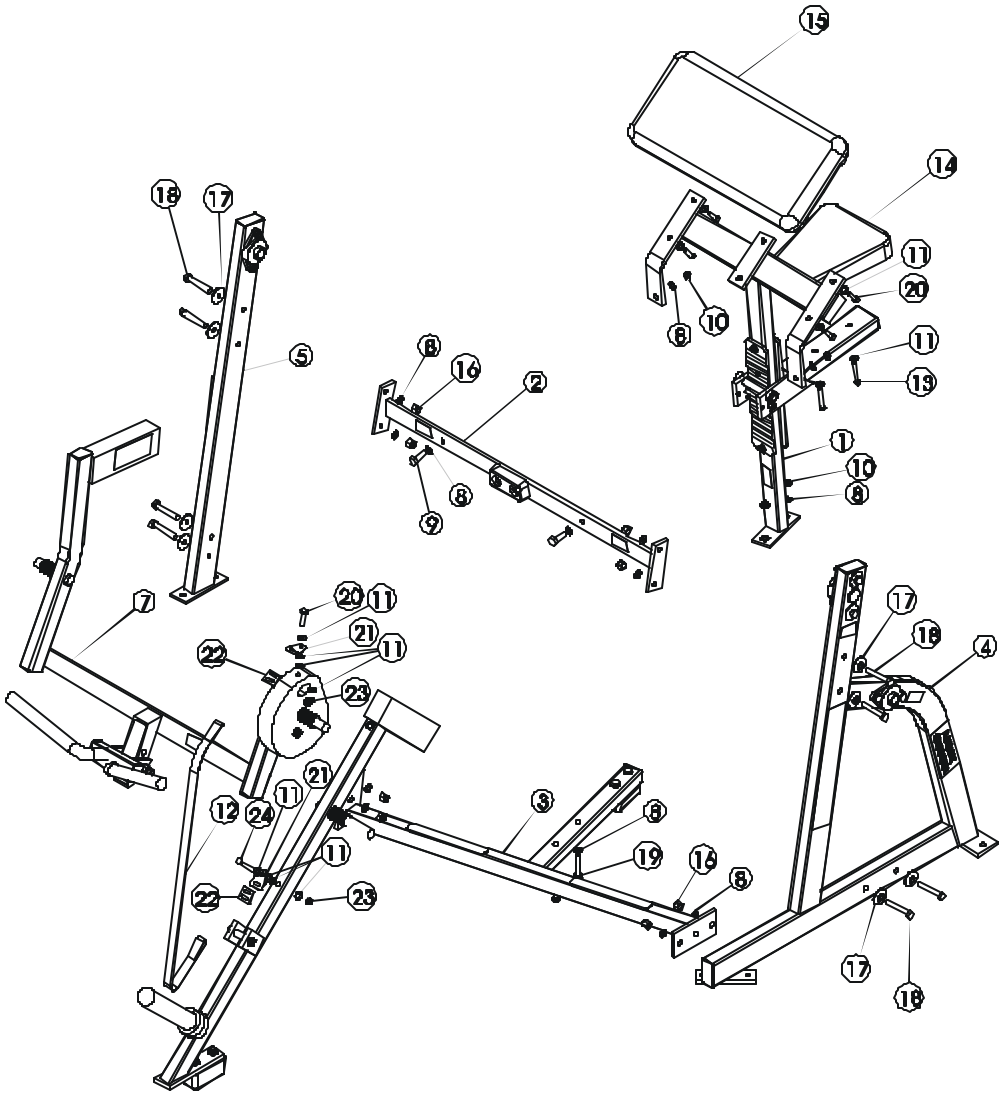
HAMMER STRENGTH EQUIPMENT
PLBI - Plate Loaded Seated Bicep

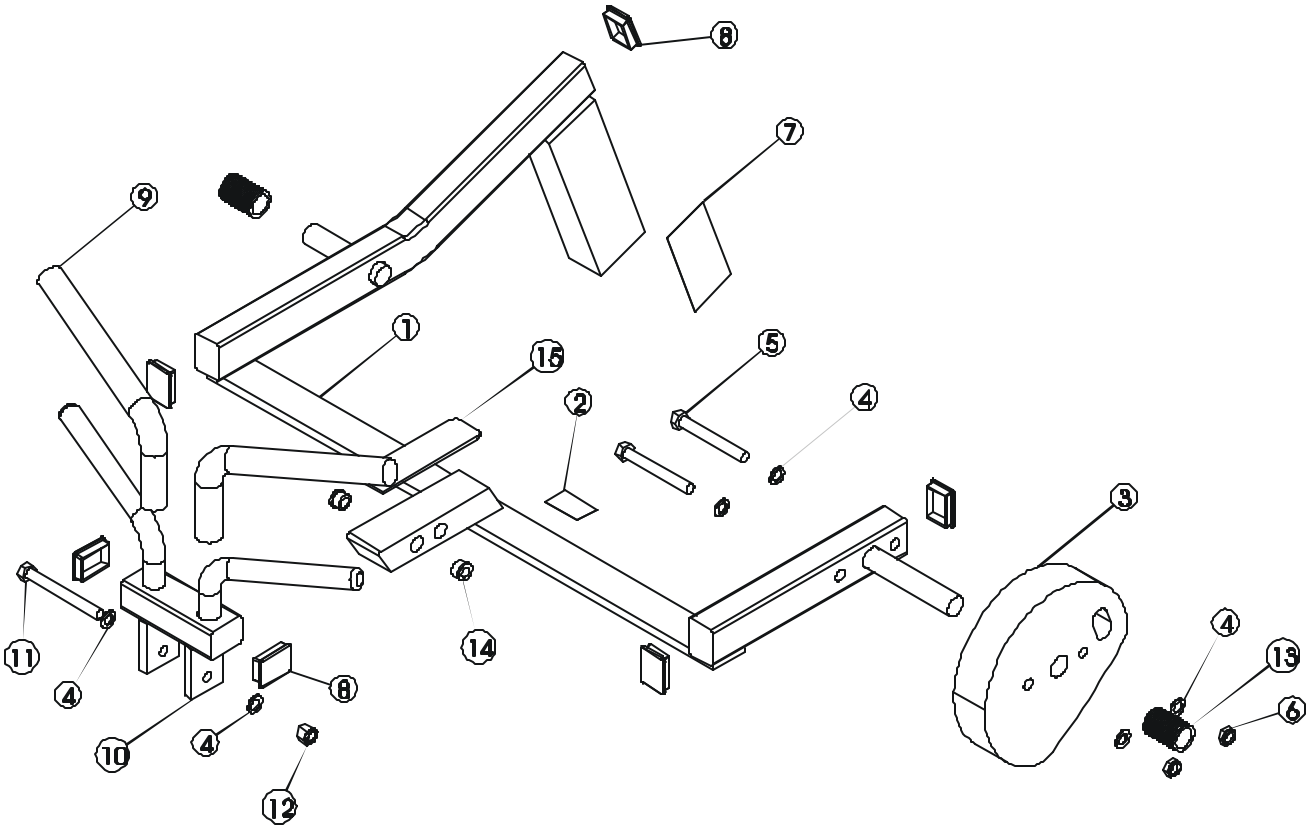


HAMMER STRENGTH EQUIPMENT
PLBI - Exploded Assembly



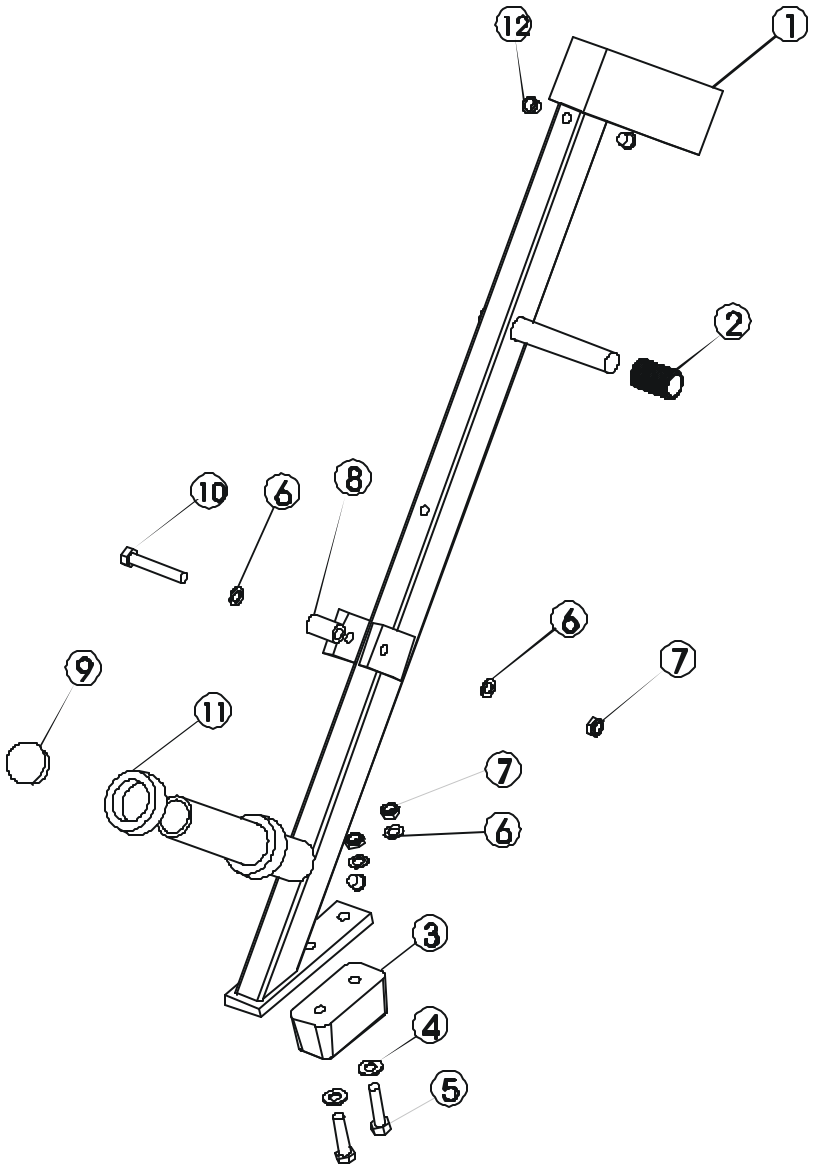
ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-CST-0	SEAT FRAME ASSM.	13	2	HHB.375X2.5	3/8 X 2 1/2 Bolt
2	1	PLBI-CTX-0	TOP CROSSMEMBER ASSM	14	1	U12-5	12" Triangular Pad
3	1	PLBI-CBX-0	BOTTOM CROSSFRAME ASSM	15	1	UCBI	Elbow Pad
4	1	PLBI-CSFL-0	LEFT SIDE FRAME ASSM	16	8	NUT.5LOCK	1/2" Thick Lock Nut
5	1	PLBI-CSFR-0	RIGHT SIDE FRAME ASSM	17	8	H-BACK-WASH	Backing Washer
6	1	PLBI-CETC-0	WEIGHT ARM ASSM	18	8	HHB.5X3	1/2 X 3 Bolt
7	1	PLBI-CMA-0	MOVEMENT ARM ASSM	19	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
8	16	WASH.5STAR	1/2" Internal Lock Washer	20	5	HHB.375X1.5	3/8 X 1 1/2 Bolt
9	2	HHB.5X1.5	1/2 X 1 1/2 Bolt	21	2	BELT ATTACH	
10	4	NUT.5JAMLOCK	1/2" Thin Lock Nut	22	2	BELT ADJUST	
11	14	WASH.375SAE	3/8" SAE Flat Washer	23	2	NUT.375JAMLOCK	3/8" Thick Jam Lock Nut
12	1	PLBI-BELT		24	1	HHB.375X2.75	3/8 X 2 3/4 Bolt

HAMMER STRENGTH EQUIPMENT
PLBI - Movement Arm



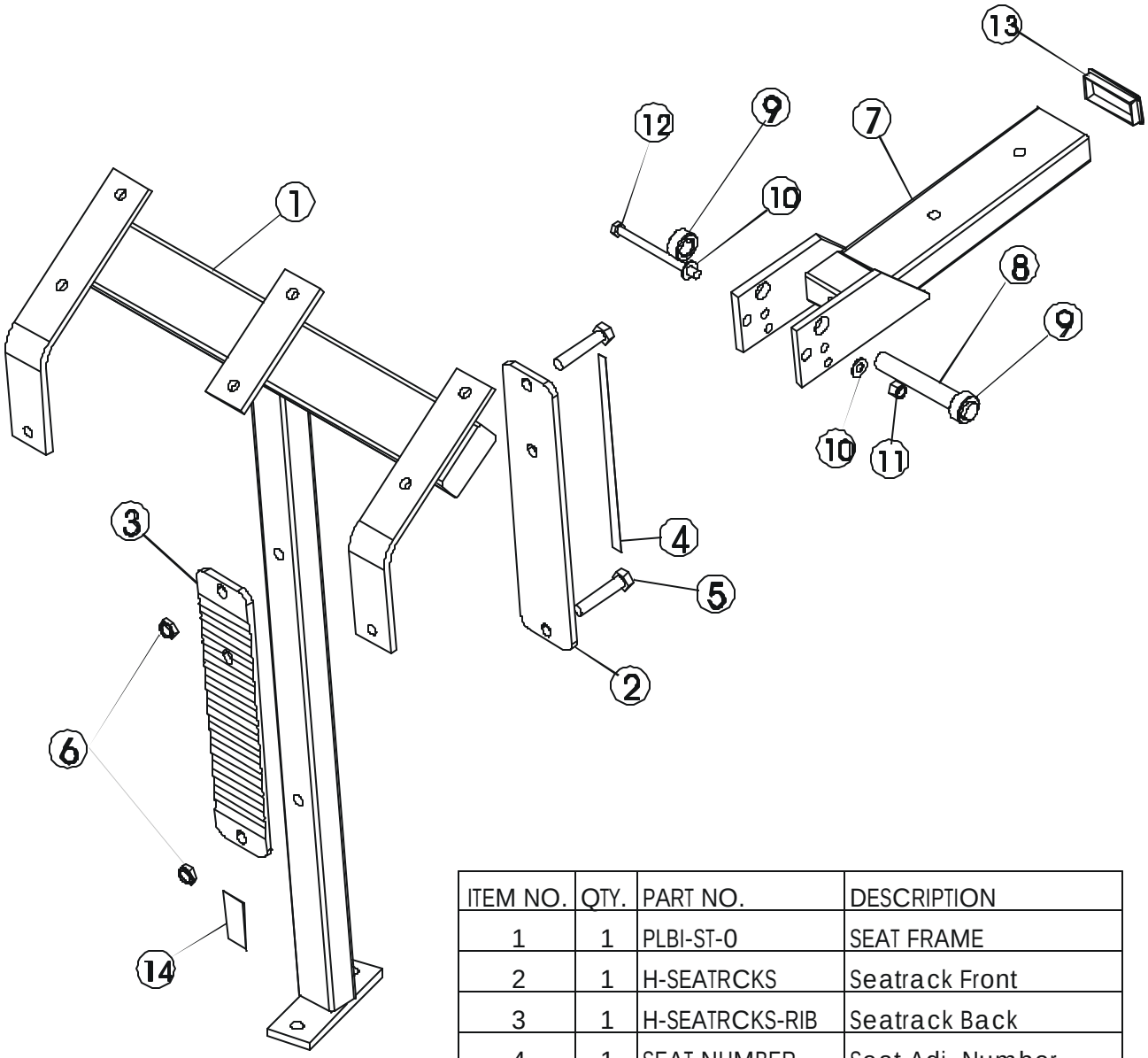
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-MA-0	MOVEMENT ARM
2	1	STAY CLEAR	Stay Clear Decal
3	1	CAM2	PLASTIC CAM FOR PLBI
4	6	WASH.5STAR	1/2" Internal Lock Washer
5	2	HHB.5X4	1/2 X 4 Bolt
6	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
7	1	WARNING LARGE-H	Large Warning Hor
8	6	H-PEND2	1 1/2 X 2 Endcap
9	2	H-GRIP(PLBI-C00)	HandGrip
10	1	PLBI-HX-0	HANDLE BAR
11	1	HHB.5X4.5Bro	1/2 X 4 1/2 Bolt Bronzed
12	1	NUT.5LOCK	1/2" Thick Lock Nut
13	2	ACCORDIAN	Shaft Guard
14	2	STEELBUSH	3/4 I.D. OILITE BUSHINB; FLANG
15	1	H-NONSKID2	1 3/4 X 9 Nonskid

HAMMER STRENGTH EQUIPMENT
PLBI - ECT Arm



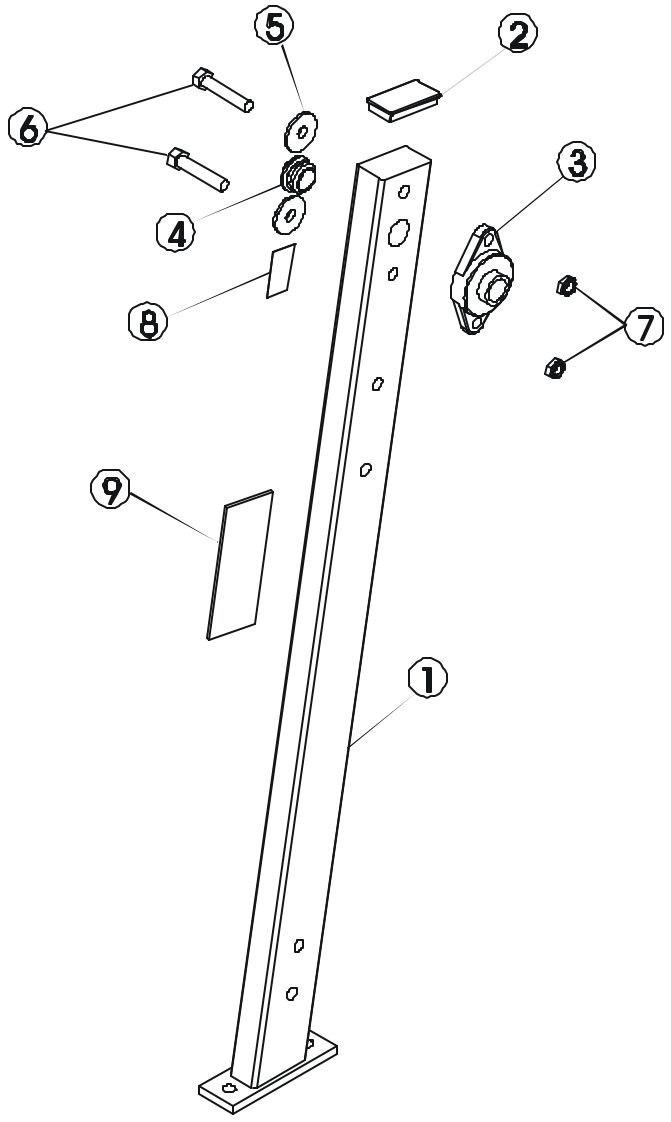
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-ETC-0	ETC ARM
2	1	ACCORDIAN	Shaft Guard
3	1	H-BUMP-MED	MM2 Medium
4	2	WASH.5SAE	1/2" SAE Flat Washer
5	2	HHB.5X2	1/2 X 2 Bolt
6	4	WASH.5STAR	1/2" Internal Lock Washer
7	3	NUT.5JAMLOCK	1/2" Thin Lock Nut
8	1	BELT WEAR GUIDE	
9	1	H-BENDCAP	Bullet Cap
10	1	HHB.5X3	1/2 X 3 Bolt
11	2	H-RUBRNG	MM5 Ring
12	3	H-HPLUG	9/16" Hole Plug

HAMMER STRENGTH EQUIPMENT
PLBI - Seat Frame



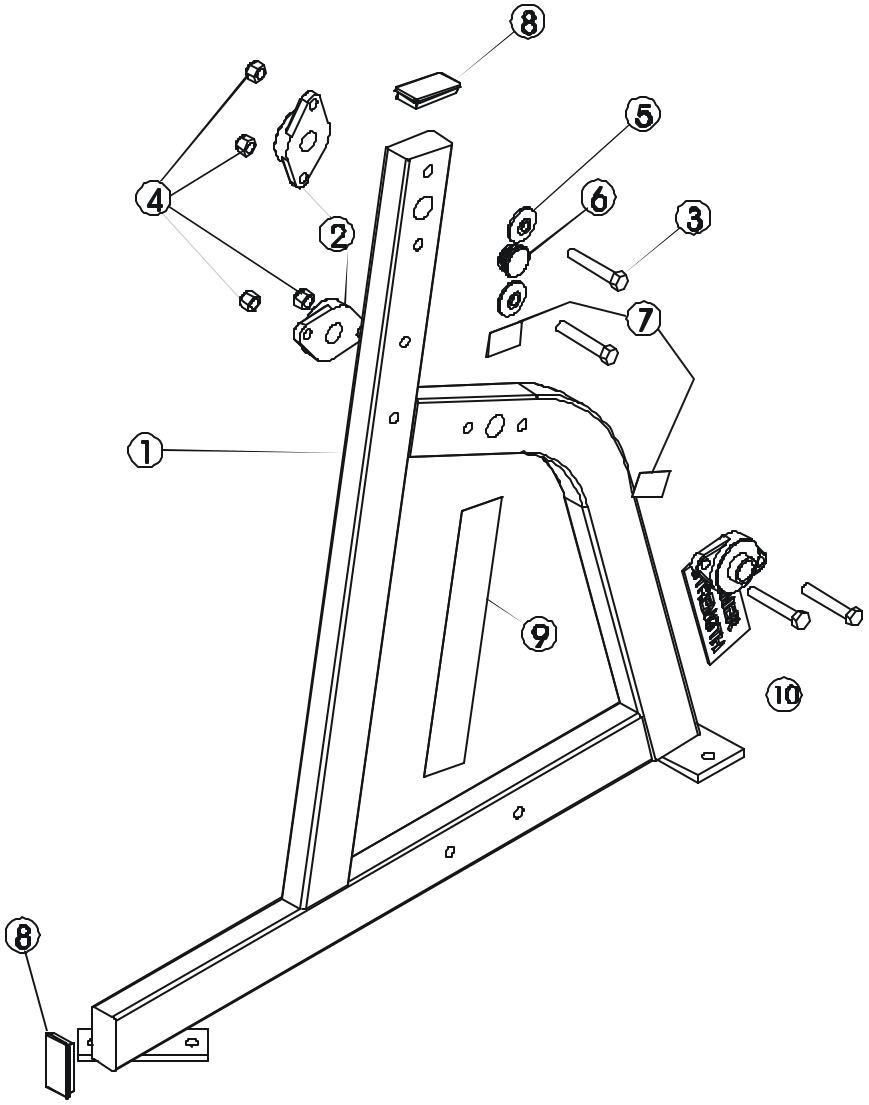
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-ST-0	SEAT FRAME
2	1	H-SEATRCKS	Seatrack Front
3	1	H-SEATRCKS-RIB	Seatrack Back
4	1	SEAT NUMBER	Seat Adj. Number
5	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
6	2	NUT.5JAMFINE	1/2" Jam Nut Fine
7	1	STD-ST	Standard Seat #1
8	1	STshft	Seat Shaft
9	2	H-LCOLLAR75	3/4" Lock Collar
10	2	WASH.375SAE	3/8" SAE Flat Washer
11	1	NUT.375LOCK	3/8" Thick Lock Nut
12	1	HHB.375X4.5	3/8 X 4.5 Bolt
13	1	H-PEND3	1 1/2 X 3 End Cap
14	1	SERIAL NUMBER	Serial Number

HAMMER STRENGTH EQUIPMENT
PLBI - Right Side Frame



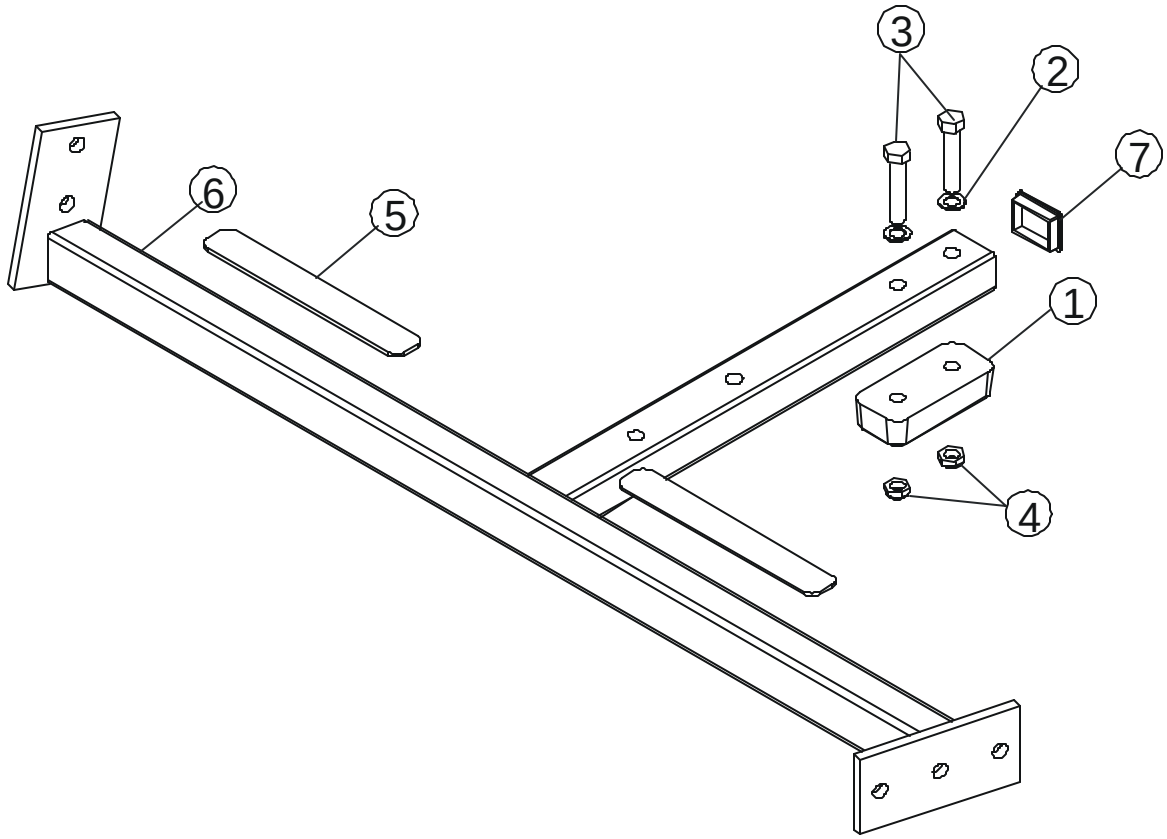
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-SFR-0	RIGHT SIDE FRAME
2	1	H-PEND3	1 1/2 X 3 End Cap
3	1	H-BEAR-SML	Small Bearing
4	1	H-LOCK-PLUG(SMALL)	9/16" Hole Plug
5	2	H-BACK-WASH	Backing Washer
6	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
7	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
8	1	STAY CLEAR	Stay Clear Decal
9	1	H-NAMEPLATE	Name Plate

HAMMER STRENGTH EQUIPMENT
PLBI - Left Side Frame



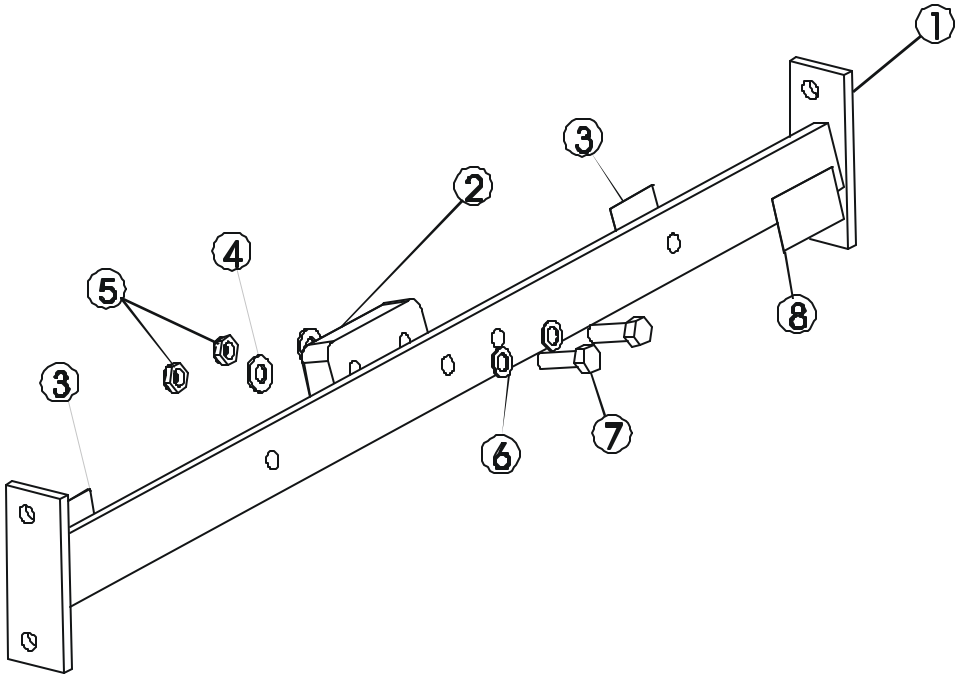
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-SFL-0	LEFT SIDE FRAME
2	3	H-BEAR-SML	Small Bearing
3	4	HHB.5X3	1/2 X 3 Bolt
4	4	NUT.5LOCK	1/2" Thick Lock Nut
5	2	H-BACK-WASH	Backing Washer
6	1	H-LOCK-PLUG(SMALL)	9/16" Hole Plug
7	2	STAY CLEAR	Stay Clear Decal
8	2	H-PEND3	1 1/2 X 3 End Cap
9	1	BICEP	Product Decal
10	1	H-NAMEPLATE	Name Plate

HAMMER STRENGTH EQUIPMENT
PLBI - Small Bumper



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	H-BUMP-SML	MM3 Small Bumper
2	2	WASH.5STAR	1/2" Internal Lock Washer
3	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
4	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
5	2	H-NONSKID1	1 1/4 X 9 Nonskid
6	1	PLBI-BX-0	BOTTOM CROSSMEMBER
7	1	H-PEND2	1 1/2 X 2 Endcap

HAMMER STRENGTH EQUIPMENT
PLBI - Top Cross Member



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLBI-TX-0	TOP CROSS MEMBER
2	1	H-BUMP-SML	MM3 Small Bumper
3	2	STAY CLEAR	Stay Clear Decal
4	2	WASH.5SAE	1/2" SAE Flat Washer
5	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
6	2	WASH.5STAR	1/2" Internal Lock Washer
7	2	HHB.5X1.5	1/2 X 1 1/2 Bolt
8	1	PATENT	Patent Decal